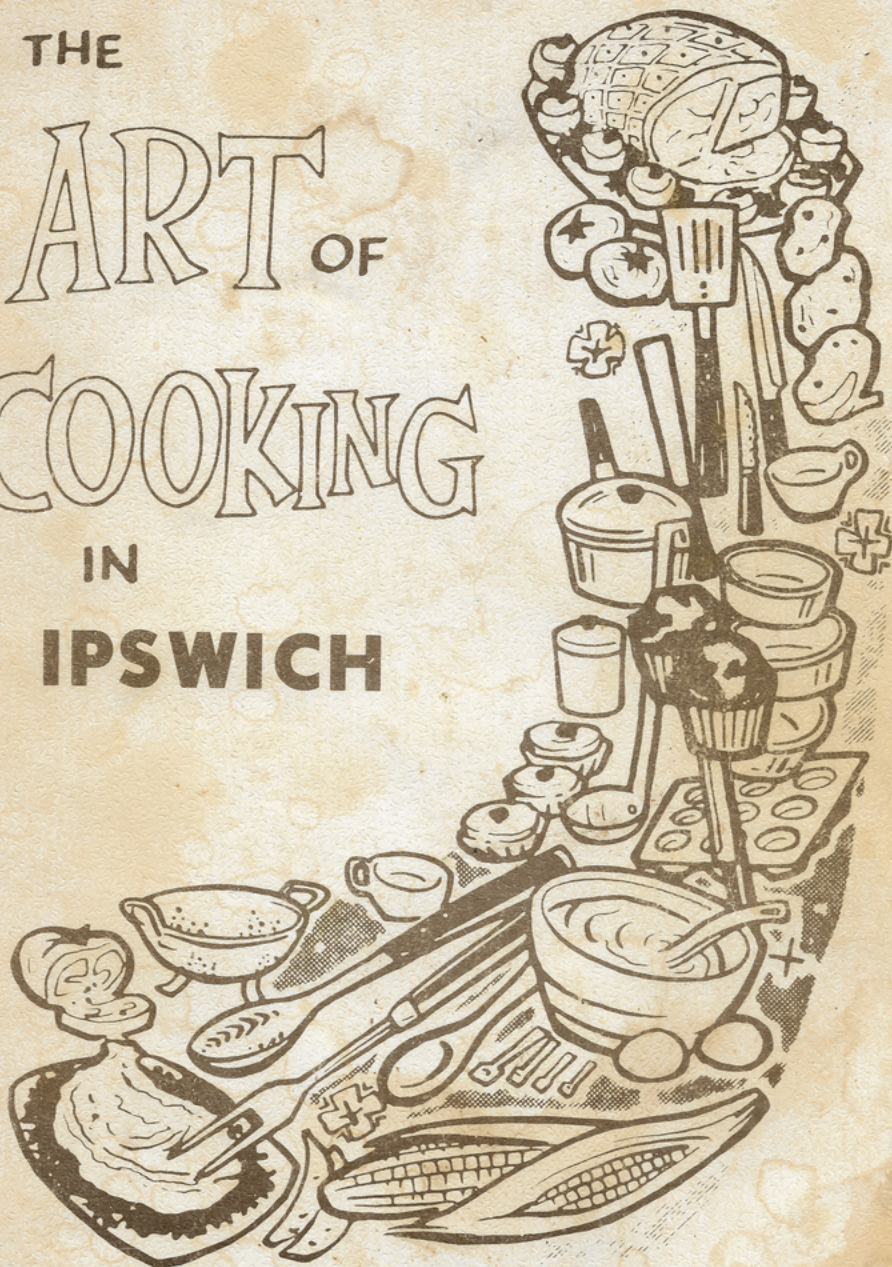


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V. F. W. Auxiliary 1093  
Ipswich, Massachusetts

Mary Keteher



Maria Stevens



Maria Stevens

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We wish to acknowledge the fine spirit of co-operation by the organization members and the community at large including the merchants and business firms, without which this book could not have been possible.

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### BARBI'S PICKLED EGGS

Mrs. Barbara B. Thomas

1 doz. eggs  
1 Tbsp. whole allspice  
1 pt. white sugar

1/4 c. water, if desired to  
cut vinegar  
1 wide-mouth jar to fit 1  
doz. eggs

Boil eggs until hard for 10-15 minutes. Peel off shells. Put allspice in bottom of jar; place in eggs; fill jar with vinegar to neck. Add water if desired. Cover tightly for 3 days and then ENJOY!

### EASY CHILI SAUCE

Lillian Horsman

1 large can tomatoes  
2 small onions  
1/4 c. rounded sugar  
1/2 c. scant vinegar  
1 tsp. cinnamon

1/2 tsp. nutmeg  
1/2 tsp. cloves  
1 tsp. salt  
1/8 tsp. cayenne pepper

Mix all ingredients and cook slowly 1 1/2 hours. Put in sterilized jar. (I put this in peanut butter jars and leave in refrigerator.)

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## FREEZER CUCUMBER ONION PICKLES

Jo Harasen

2 qt. unpeeled thinly sliced cucumbers	2 Tbsp. salt
2 sliced onions	1 1/2 c. sugar
	1 c. vinegar

Mix cucumbers, onions and salt; let stand 2-3 hours. Drain and rinse well. Mix vinegar and sugar; pour over vegetables and stir until sugar dissolves and syrup is thin (it will be thick at first). Put into plastic containers and freeze. These have a nice fresh taste. Do not use cucumbers that are waxed, like the ones they have in winter to help keep them fresh.

## PICKLED GREEN TOMATOES

Jean Dattilo

Pickling solution	1 c. salt
2 qt. water	2 tsp. dill seed
1 qt. cider vinegar	

Choose small, firm green tomatoes; wash thoroughly and pack into clean jars. To each quart jar add a sliced garlic clove, a stalk celery cut into pieces, and a quarter of green pepper cut into pieces. Make solution and boil 5 minutes; pour over tomatoes, placing dill seed in each jar. Seal and store 6 weeks to cure.

## PIQUANT COCKTAIL MEAT BALLS

Ernestine Gillis

2 lb. ground beef, round	1/4 tsp. pepper
1 c. corn flake crumbs	1/2 tsp. garlic powder
1/3 c. dried parsley flakes	1/3 c. catsup
2 eggs	2 Tbsp. instant minced onions
2 Tbsp. soy sauce	

Heat oven to 350 degrees. Mix ingredients; form into small balls size of walnuts. Arrange in 15 1/2x10 1/2x1-inch pan or cookie sheet. Makes about 60 meat balls.

### Piquant Sauce:

1 1-lb. can jellied cranberry sauce	1 12-oz. bottle chili sauce
2 Tbsp. packed brown sugar	1 Tbsp. bottled lemon juice

Combine ingredients in saucepan and heat, stirring occasionally until melted. Pour over meat balls and bake uncovered 30 minutes. Serve in chafing dish or fondue pot.

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## ZUCCHINI BREAD AND BUTTER PICKLES

Jean Dattilo

7-8 medium zucchini  
8 white sliced onions  
Ice cubes

2 green sliced peppers  
1/2 c. salt

### Solution:

3 1/2 c. sugar  
1 c. water  
1/2 tsp. whole cloves  
1 1/2 tsp. turmeric

2 Tbsp. mustard seed  
1 tsp. celery seed  
1 Tbsp. peppercorns  
4 c. cider vinegar

Mix vegetables; sprinkle with salt and mix in with ice cubes; let stand 3 hours. Drain well. Make solution in large pan; stir well until sugar is dissolved. Add drained vegetables. Bring to boiling point but do not boil. Pack into hot sterilized jars to overflowing and seal. Makes 6-8 pints.

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Write An Extra Recipe Here:

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Write Extra Recipes Here:



### BARBI'S MACARONI SALAD

Mrs. Barbara B. Thomas

1 c. elbow macaroni  
 1/4 c. mayonnaise or  
 Miracle Whip  
 Salt

Pepper  
 1/2 tsp. Accent  
 1/2 tsp. paprika

Cook macaroni as directed on package; drain. Add mayonnaise until macaroni is well coated. Add salt and pepper to taste, then Ac'cent. Toss lightly. Top with paprika for color. Variations: add 1 can shrimp or tuna or 1 small can mixed carrots and peas instead of paprika.

### WILL'S POTATO SALAD

Wilbur Thomas

6 medium diced potatoes  
 1 medium diced onion  
 1/2 c. mayonnaise  
 1 tsp. oregano  
 1/2 tsp. garlic powder  
 1/2 tsp. paprika

2 Tbsp. pickle juice  
 1 tsp. salt  
 1 tsp. pepper  
 1 hard-boiled egg, sliced  
 1/2 stalk chopped celery  
 1 tsp. Ac'cent

Boil potatoes the night before; let marinate in pickle juice overnight. Add onion, salt, celery, pepper, oregano, garlic powder and Ac'cent; toss lightly with mayonnaise until coated. Add sliced eggs on top. Sprinkle with paprika for color.

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## BOSTON BAKED BEANS FOR 50

Mildred Lettau

8 lb. small pea beans	3 c. molasses
1 lb. salt pork, scored	3 tsp. salt
2 large onions	1 tsp. dry mustard

Pick over beans; wash and parboil 1 hour. In electric oven, place scored salt pork in oven; slice onion and put in. Pour beans and water into oven; add molasses, salt and mustard. Bake at 325 degrees 6-7 hours. Add more water as needed. Tastes better after setting overnight after baking.

## BROCCOLI PUFF

Anne Adams

10-oz. pkg. frozen chopped broccoli	1/4 c. milk
1/4 c. Miracle Whip	1 beaten egg
2 oz. sharp yellow American cheese, or shredded cheese	1/4 c. fine dry bread crumbs
	1 Tbsp. butter
	1 can mushroom soup

Cook broccoli, omit salt; drain. Place in 10x6x1/2-inch baking pan. Stir soup and cheese; gradually add milk, Miracle Whip and beaten egg to mixture, stirring until well blended. Pour over broccoli. Combine crumbs and melted butter and sprinkle evenly over soup mixture. Bake at 350 degrees 45 minutes.

## 1 1/2 QUART BROCCOLI SOUFFLE'

Jo Harasen

8 oz. jar Cheese Whiz	2 10-oz. pkg. frozen chopped broccoli
1 Tbsp. minced onion	2 well-beaten eggs
6 Tbsp. oleo	1/2 c. water
2 Tbsp. flour	1/2 c. Ritz cracker crumbs

Thaw broccoli, bring to boil; drain well. Sauté onion in 4 Tbsp. oleo; stir in flour. Add water and cook over low heat until smooth and thick. Add cheese and stir. Add broccoli to sauce; add eggs and mix gently. Pour into greased 1 1/2-qt. casserole and cover with butter crumbs, using remaining 2 Tbsp. oleo. Bake at 325 degrees 45 minutes. Stick knife through center as in a custard; if prepared ahead and refrigerated allow 15 more minutes cooking time.

## CRUSTLESS SPINACH PIE

Jean Dattilo

1 pkg. frozen chopped spinach	4 eggs
1/2 lb. cheddar cheese	6 Tbsp. flour
2 c. cottage cheese	1/2 tsp. salt
1-2 Tbsp. butter	1/2 tsp. pepper

Thaw spinach; preheat oven to 350 degrees. Drain spinach and

continued.....

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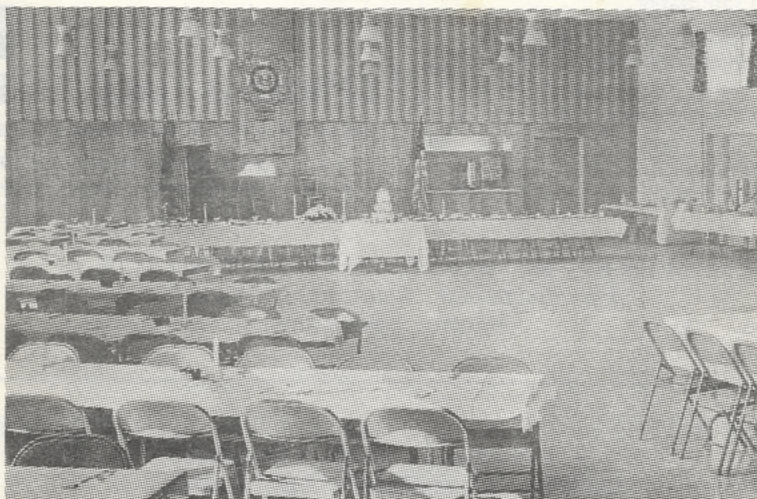
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## CRUSTLESS SPINACH PIE (Continued)

mix with crumbled cheeses. Beat eggs, flour, salt and pepper; combine and mix well. Grease 9-inch square pan with butter; pour in mixture and spread evenly. Bake 1 hour. Remove from oven and let cool a few minutes. Cut into squares.

## FRIED CABBAGE

Barbara A. Martel

1 large can sauerkraut	Salt
1 large head cabbage	Pepper
1/2 lb. butter	1 onion, optional

Shred cabbage; boil it and sauerkraut 20 minutes. Drain and squeeze dry. Melt butter; add onion, cabbage and kraut, salt and pepper and fry 5 minutes. Serve as a side dish. Serves 8-10.

## FRIED ONION RINGS

Marge Ryan

1 1/2 c. all-purpose flour	3 large Bermuda onions
1 1/2 c. beer, flat or active	3/4 c. shortening

Combine flour and beer; blend thoroughly, use whisk, cover and let set no less than 3 hours 20 minutes. Before batter is ready, preheat oven to 200 degrees. Place paper towel or brown bag on cookie sheet. Cut onions 1/4-inch slices separate and set aside. Top of stove, melt in a 10-inch skillet, dip rings in batter, then into fat. Turn once; drain and place on middle shelf in oven. To freeze, dry, drain and arrange on cookie sheet; pack in bags when frozen. To reheat, arrange on cookie sheet and place in a 400-degree oven 4-6 minutes.

## PAT'S PARTY POTATOES

Patricia Zervas

8-10 potatoes	1 c. sour cream
1 8-oz. cream cheese	1 tsp. garlic salt
1 tsp. onion salt	Butter
Paprika	

Boil potatoes; drain. Beat sour cream and cheese until blended; add hot potatoes gradually, beating constantly until light and fluffy. Season with garlic and onion salts. Spoon into 2-qt. casserole; dot with butter and sprinkle with paprika and brown. Also great if refrigerated at least 24 hours before baking. Then bake at 350 degrees 45 minutes. Serves 10.

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## RED CABBAGE

Mrs. Mabel C. Kiepaz

1 large shredded red  
cabbage  
2 large onions, sliced

1 c. sugar  
1 pt. white vinegar  
Salt and pepper

Pour vinegar over cabbage and onions; let saute' 1 hour. Put salt and pepper to taste; put ingredients in skillet with oil or shortening; cook until tender. Very good hot or cold.

## SPANISH RICE

Barbara A. Martel

1 large can tomato sauce  
1 lb. hamburger  
2 c. rice  
1 3/4 c. hot water

2 Tbsp. cooking oil  
1 medium onion  
1 medium pepper  
Salt and pepper

Dice onion and pepper; saute' in cooking oil. Add hamburger and fry. Add rice, tomato sauce and water; season. Bring to boil, cover and simmer on low heat 25-30 minutes. Serves 4-6.

## SPINACH QUICHE

Dorothy Riley

1 frozen pie crust (Mrs.  
Smith's is best)  
4 eggs  
1 pkg. frozen chopped spinach  
1/2 c. milk or light cream

1 chopped onion  
1/2 c. grated cheddar cheese  
Salt and pepper  
Dash of dill seed

Simmer spinach until soft; drain well. Beat eggs, milk, add spices and cheese. Place spinach and onion on bottom of pie crust; distribute evenly. Pour egg/cheese mixture over. This will rise. Bake at 400 degrees 35-45 minutes or until set and lightly browned on top. Also good substituting zucchini, ham or shrimp in place of spinach.

## SWEET/SOUR CABBAGE

Lauren Serratore

8 strips diced bacon  
1 Tbsp. brown sugar  
1/2 tsp. salt  
3 Tbsp. vinegar  
Pepper

1/4 tsp. paprika  
1/4 tsp. dry mustard  
1 Tbsp. water  
1 cabbage

Use any type cabbage; boil until tender, drain and keep hot. Cook bacon until crisp. Combine dry ingredients and add to bacon. Add vinegar and water; heat to boiling point. Pour over hot cooked cabbage.

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## BARBECUPS

Peggy Wells

3/4 lb. ground beef  
1/2 c. Kraft barbecue  
sauce  
1 Tbsp. minced onion

2 Tbsp. brown sugar  
1 8-oz. can Pillsbury Tender-  
flake biscuit, ref.  
3/4 c. shredded sharp cheese

Brown beef and drain; add sauce, onions and sugar. Press a refrigerated biscuit into an ungreased muffin pan, making sure dough goes up to edge of cup. Spoon meat mixture into cups and sprinkle with shredded cheese. Bake at 400 degrees 10-12 minutes. Makes 12.

## BEEF MARIA

Anne Adams

2 lb. flank steak or London  
broil  
4 Tbsp. butter  
4 cloves garlic  
1/3 c. chopped fresh parsley  
1/4 tsp. thyme  
1/2 tsp. salt

2 oz. tomato paste or puree  
1 basil leaf  
1 c. dry wine  
12 medium mushrooms  
or 2 4-oz. jars boiled  
mushroom caps

Trim fat from steak; slice 1/4-inch thick across grain. Brown in butter in Dutch oven; add garlic, parsley, thyme, salt, tomato paste or puree and basil leaf. Add red wine. Cook slowly 35 minutes until meat is almost tender; add quartered mushrooms. Continue cooking until mushrooms are tender.

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## GNOCCHI

Mildred DeAmerio

1 2-lb. container ricotta  
cheese  
Flour  
2 eggs

1 tsp. salt  
2 tsp. crushed parsley  
flakes

Mix all ingredients in large bowl to form a ball; knead on floured board until dough is not sticky. Roll into 1/2-inch thick sticks; cut into 1-inch lengths. Drop gnocchi into salted simmering water and simmer uncovered 10-15 minutes. Drain and serve with spaghetti sauce. Can be served with melted butter and grated cheese.

## HAMBURGER GOULASH

Paul Wells

1 lb. hamburger  
1 small can French cut  
green beans  
1 onion

Dash garlic salt  
Salt and pepper  
Pinch oregano  
1/4 c. catsup

Spray pan with Pam; cook hamburger, loose. Add cut-up onion, seasonings and drained beans until meat is almost cooked. Add catsup and simmer 5 minutes. Any leftovers could be the base for spaghetti sauce.

## HAMBURGER PIZZA

Virginia H. Baisley

1 lb. hamburger  
1/2 c. milk  
1/2 to 1 tsp. garlic salt  
2 tsp. grated Parmesan  
cheese  
1/2 c. fine bread crumbs

1/3 c. catsup or tomato sauce  
1/2 tsp. oregano  
4 slices Mozzarella cheese,  
grated  
1 small can mushrooms  
1 small sliced onion

Mix first 5 ingredients in large bowl; spread in greased 9-inch pie plate. Spread catsup over top; sprinkle with oregano, then with grated Mozzarella over top. Add onions or mushrooms if desired. Bake 20-25 minutes at 400 degrees.

## HAWAII RIBS

Peggy Wells

4 lb. ribs  
3/4 c. vinegar  
1/4 c. molasses  
3/4 c. water

1/4 c. soy sauce  
1/3 c. cornstarch  
1/2 c. sugar  
3/4 c. pineapple juice

Cut ribs in 1 1/2-inch strips; brown. Combine and heat until sugar is dissolved rest of ingredients. Pour sauce over ribs, cover and cook 25-30 minutes. Add pineapple chunks, 2 green peppers cut in 1-inch cubes. Recover and simmer 10 minutes longer.

## LASAGNA ROLLS

Paul Wells

1 box lasagna noodles  
1/4 lb. salami  
1/4 lb. provolone cheese  
1/4 lb. pepperoni sausage  
1 lb. hamburger

1 c. seasoned bread crumbs  
1 egg  
1/4 c. grated Italian cheese  
1/4 c. wine or beer

Cook noodles according to directions. Mix hamburger, crumbs, egg, cheese and wine, like meatball mix. Cut salami, cheese and pepperoni into 1-inch strips. Place noodles on table and spread hamburger mixture about 2-inches from end of them. Place strips of salami, cheese and pepperoni on top of hamburger and roll like jelly roll; put toothpicks to hold together. Put in Italian sauce and simmer 20 minutes. You'll love it.

## STUFFED CABBAGE

Lillian Bartnicki

1 4-lb. cabbage  
1 lb. ground beef  
1/2 lb. fresh pork  
1 c. cooked rice  
1 slightly beaten egg  
1/4 tsp. pepper  
1/4 c. chopped parsley

1/2 tsp. garlic salt  
3/4 tsp. salt  
1/2 tsp. nutmeg  
1 medium chopped onion  
1 can condensed tomato soup  
1 can beef broth

Cut core from cabbage; put cabbage in boiling water with salt and parboil until leaves start to leave core. Remove with tongs, drain in colander until cool enough to handle. Cut tough rib off end. Mix meats, rice, egg and seasonings and soup, onion and parsley; fill each leaf only enough to be folded by starting from the rib end; bring sides over. Put seam side down, cover with excess leaves, dot with butter. Pour in broth, simmer 1 1/2 to 2 hours covered, either top of stove or oven. Serve with catsup or sour cream. Serves 6.

## STUFFED CABBAGE

Janice Dziadose

4 lb. hamburger  
1 lb. ground pork  
1 lb. long grain rice  
3 beef bouillon cubes

3 medium onions  
1/2 lb. salt pork  
5 firm heads cabbage, 15 lb.  
Large cup tomatoes

Add fried-out salt pork and onions to hamburger and cooked rice. Add bouillon cubes to rice water; salt and pepper to taste. Mix well. Cook cabbage and separate leaves. Stuff good scoop full of mixture to leaves and roll. Line large roasting pan with rolls and cover with can tomatoes. Cover and bake 2 1/2 hours, basting every 1/2 hour. Bake at 300 degrees. Makes about 50. Use leftover cabbage leaves for lining pan and cover stuffed cabbage.

## SWEET AND SOUR MEAT BALLS

Jerry Heigh

1 9-oz. can pineapple tidbits	1/2 c. vinegar
1/2 c. brown sugar, light	1 green pepper strips
1 1/2 Tbsp. salt	Red cherries
1 1/2 Tbsp. cornstarch	2 c. water

Drain pineapple, reserving syrup. Combine sugar, cornstarch and salt in saucepan. Add water, vinegar and syrup; heat and slowly add dry ingredients until sauce is thick. Add peppers, pineapples and cherries. Make meatballs as usual, cocktail size. Cook in small amount of fat until browned. Put meatballs into pan of sauce and simmer on very low heat, covered, an hour. Stir occasionally. Serve hot.

## TROPICAL LAMB MEAT LOAF

Marge Ryan

1 lb. ground lamb	Pineapple syrup
1 c. bread stuffing	1/2 c. chopped green pepper
1 9-oz. can pineapple tidbits	1 beaten egg
	Salt and pepper

Press ingredients into loaf pan; bake at 300 degrees 1 1/4 hours. Pour off drippings. Great for roasted potatoes.

## BAKED CLAM CAKES

Jenny Goucher

1 pt. chopped clams	1 egg
60 Hi-Ho crackers	1 small chopped onion
1/4 lb. butter	Salt
1/2 c. clam juice or milk	Pepper

Crush crackers in butter; add remaining ingredients. Grease cupcake pans with olive oil; fill 3/4 full. Bake at 400 degrees 20 minutes.

## CORN AND OYSTER STEW

Marge Ryan

1 Tbsp. butter	1 8-oz. can oysters/liquid
3/4 c. sliced celery	2 slightly beaten eggs
1 can oyster stew	1/8 tsp. nutmeg
1 c. milk or light cream	1 can creamed corn

Saute' celery in butter; add oyster stew, corn, oysters, cut with liquid plus milk or cream. Heat, stirring; do not boil. Pour slightly beaten eggs into tureen or bowl; add nutmeg and stir in soup. Serve at once. Makes 6 cups.

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## FISH SCALLOP

Eunice Roberts

1 small onion  
1 c. celery  
1 c. crabmeat  
1 c. shrimp  
1 c. lobster  
1 c. tuna

1 1/2 c. mayonnaise  
1/2 tsp. salt  
Pepper  
Worcestershire  
1 c. buttered crumbs

Bake at 350 degrees 20 minutes.

## IPSWICH CLAM CAKES

Ruth Litalien

1 1/4 c. milk  
1 c. milk  
1/2 tsp. salt

1 egg  
2 tsp. baking powder  
1 pt. chopped clams

Beat egg; add milk. Mix flour, salt and baking powder; beat by hand until smooth. Add clams; stir well. Fry by spoonfuls in 1/2-inch fat or deep fat until golden brown.

## SCALLOPED CLAMS

Ruth Litalien

1 qt. sea clams, chopped  
1 lb. Saltine crackers  
1 qt. milk

3 eggs  
1/4 lb. butter  
Salt and pepper

In large bowl combine clams, crushed crackers, milk and eggs; mix well. Add melted butter, salt and pepper. Turn in large buttered casserole; dab butter on top and bake at 325 degrees 1 hour or until golden brown.

## SCALLOPS (baked but like fried)

Lillian Greene

1 1/2 lb. scallops  
1/2 tsp. salt  
Dash pepper  
1 c. Ritz or bread crumbs

1 egg  
4 Tbsp. melted butter or  
oleo  
2 Tbsp. water

Mix salt, pepper and crumbs. Beat egg and water. Dip scallops in crumbs, then egg, then crumbs again. Place on cookie sheet and let stand 30 minutes to set. Pour melted butter or oleo over scallops and bake at 450 degrees 25-30 minutes.

## SCALLOP BOATS

Dorothy Leet

1 lb. scallops  
5-6 large baking potatoes  
4 Tbsp. oleo  
2 tsp. minced onion  
Salt

1 tsp. dry mustard  
1/8 tsp. Worcestershire  
1/2 c. milk  
1/4 c. scallop broth

continued.....

## SCALLOP BOATS (Continued)

Cover scallops with boiling salted water; simmer 15 minutes. Drain, cool and halve. Save broth. Bake potatoes at 450 degrees 45 minutes; halve lengthwise, remove pulp, leaving enough to hold shape firm. Mash potatoes; add butter, onions, salt, mustard and sauce. Enough milk and scallop broth to form stiff mixture. Stir in scallops, fill potato shells. Heat at 350 degrees to serving temperature.

### SHRIMP CHIP BAKE

Ruth Litalien

- |   |                           |
|---|---------------------------|
| 1 10-oz. can creamed<br>shrimp soup, frozen | 1 can peas<br>1/2 c. milk |
| 1 1/4 c. crushed potato chips               | 1 7-oz. can shrimp        |

Combine soup and milk; heat slowly. Blend with shrimp, peas and 1 c. potato chips in 1-qt. casserole. Sprinkle remaining chips on top and bake at 375 degrees 25 minutes.

### TUNA STUFFED MUSHROOMS

Mrs. Mabel C. Kiepez

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 c. large mushrooms              | 1 oz. hard cheese, grated       |
| 2 chicken bouillon cubes          | Dash Lowery's salt              |
| 1 c. water                        | Poultry seasoning               |
| 2 oz. tuna, drained and<br>flaked | 1 slice bread                   |
|                                   | Chopped celery and onion flakes |

Add cubes to water; simmer chopped celery, onion flakes and chopped mushroom stems in broth. Combine tuna, crumbs, cheese and seasoning. Drain mixture from broth and add to tuna. Add broth to moisten stuffing. Fill mushroom cap and place in baking dish with broth to keep it from drying out. Bake at 375 degrees 15 minutes. Complete lunch.

### SPINACH CLAM QUICHE

Marge Radicky

- |                        |                                     |
|------------------------|-------------------------------------|
| 3 slightly beaten eggs | 2 Tbsp. minced onions               |
| 1 c. light cream       | 1/2 drained frozen spinach          |
| 1/2 tsp. salt          | 1/2 c. grated Swiss cheese          |
| 1/8 tsp. pepper        | 3 Tbsp. grey pouon Dijon<br>mustard |
| 1 can minced clams     | 1 unbaked pie shell                 |
| Fresh mushrooms        |                                     |

Combine all ingredients and pour into pie shell; bake at 375 degrees 35 minutes or until knife comes out clean.

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## STUFFED FISH FILLET IN WINE

Mrs. Marie Thomas

- |                                       |                             |
|---------------------------------------|-----------------------------|
| 2 1/2 c. dry bread cubes,<br>5 slices | 1 Tbsp. chopped parsley     |
| 3 Tbsp. grated mild cheddar<br>cheese | 1/4 tsp. salt               |
| 1 lemon                               | 1/8 tsp. pepper             |
| 2 Tbsp. onions                        | 1/8 tsp. allspice           |
|                                       | 1 Tbsp. melted butter       |
|                                       | 1/2 c. dry white table wine |
|                                       | 2 lb. fish fillet           |

If fillets are frozen, thaw until separated. Place bread cubes and grated cheese in bowl; peel lemon, halve and cut into very thin slices, removing seeds. Add to cubes and cheese with onions, parsley, salt, pepper and allspice. Toss lightly with fork until well blended. Place layer of fillets in bottom of well-greased shallow baking dish. Spread stuffing on them and top with remaining fillets. Brush with melted butter; add wine. Bake at 350 degrees 35 minutes or until done.

Lillian Horsman

- |                           |                         |
|---------------------------|-------------------------|
| 1 c. minced clams         | 1 egg                   |
| 6 Tbsp. oleo              | 1 c. soft bread crumbs, |
| 2 Tbsp. all-purpose flour | 2 slices                |

Drain liquid from clams into 2-cup measure; add milk to make 1 1/2 c. Melt half oleo in saucepan; stir in flour and cook, stirring until bubbly. Stir in liquid; mix and cook until it thickens; cool. Beat eggs and clams. Melt remaining oleo in small skillet; stir in crumbs. Heat and shake skillet until crumbs are lightly browned. Spoon half into 4-cup baking dish; top with clam mixture and sprinkle with buttered crumbs. Bake at 350 degrees 30 minutes or until heated through.

## BAKED CHICKEN BREASTS

Virginia H. Baisley

- |                   |                                 |
|-------------------|---------------------------------|
| 6 chicken breasts | 2 c. water                      |
| Salt and pepper   | 1/2 pkg. dry onion soup         |
| Paprika           | 1 can cream of mushroom<br>soup |
| 1 c. raw rice     |                                 |

Grease 13x9x2-inch baking pan; spread rice on bottom of it and add water. Season chicken with salt and pepper; dust with paprika. Place on top of rice. Sprinkle onion soup over chicken and spread soup over it. Cover pan and bake 1 1/4 to 1 1/2 hours at 350 degrees. Uncover and bake 1/2 hour more. Add a little water if rice is too dry.

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## CHICKEN WINGS

Louise Stevens

5 lb. chicken wings  
5 oz. soy sauce  
1 c. white sugar

1 c. brown sugar  
Garlic salt to taste

Split chicken wings in half; combine remaining ingredients and marinate chicken 2 hours or overnight. Bake at 325 degrees 2 hours uncovered, basting every 1/2 hour.

## CREAMY BAKED CHICKEN BREASTS

Kay Blaquiére

4 whole chicken breasts  
1 can cream of mushroom or  
cream of chicken soup  
6 oz. Swiss cheese, sliced

1/4 c. dry white wine  
2 c. seasoned stuffing mix  
1/3 c. melted butter

Split breasts and remove skin; bone if desired. Arrange in shallow 2-3 quart baking dish. Place 1 1-oz. slice cheese on each piece of chicken. Spoon undiluted soup over cheese, then pour wine over. Sprinkle stuffing mix over top; drizzle melted butter evenly. Bake uncovered in 350-degree oven 55 minutes or until breasts are tender and meat is opaque throughout.

## MARINADE FOR CHICKEN

Virginia H. Baisley

1/2 c. salad oil  
1 1/4 c. water  
2 Tbsp. chopped onion  
1 clove minced garlic  
1 1/2 tsp. sugar  
1 tsp. salt  
1 tsp. chili powder

1 tsp. paprika  
1 tsp. black pepper  
1/2 tsp. dry mustard  
Dash cayenne pepper  
2 Tbsp. vinegar  
1 tsp. Worcestershire  
1 tsp. Tabasco sauce

Combine all ingredients; simmer 30 minutes. Marinate cut-up chicken several hours. Use marinade for basting chicken while barbecuing.

## TURKEY SOUFFLE'

Pat Balboni

1 10-1/2 oz. can condensed  
cream of mushroom soup  
1/3 c. milk  
1 c. cut-up cooked turkey  
or chicken

1 16-oz. can string beans,  
strained  
1/4 c. shredded American  
cheese  
4 well-beaten egg yolks  
4 stiffly-beaten egg whites

In greased 1 1/2-qt. casserole blend soup, milk, turkey and beans. Bake uncovered at 375 degrees 10 minutes. Stir cheese into egg yolks; fold into egg whites. Pile on hot soup mixture and bake 30 minutes.

## BREAD STUFFING

Peggy Wells

3/4 - 1 loaf bread	3 stalks celery
1 egg	2 large carrots
2 medium onions, quartered	Salt and pepper

Soak bread in cold water. Grind celery, carrots and onions in food chopper; add to bread with egg and juice of vegetables. Add salt and pepper; mix thoroughly. This will stuff a 4-5 lb. chicken or pork loin.

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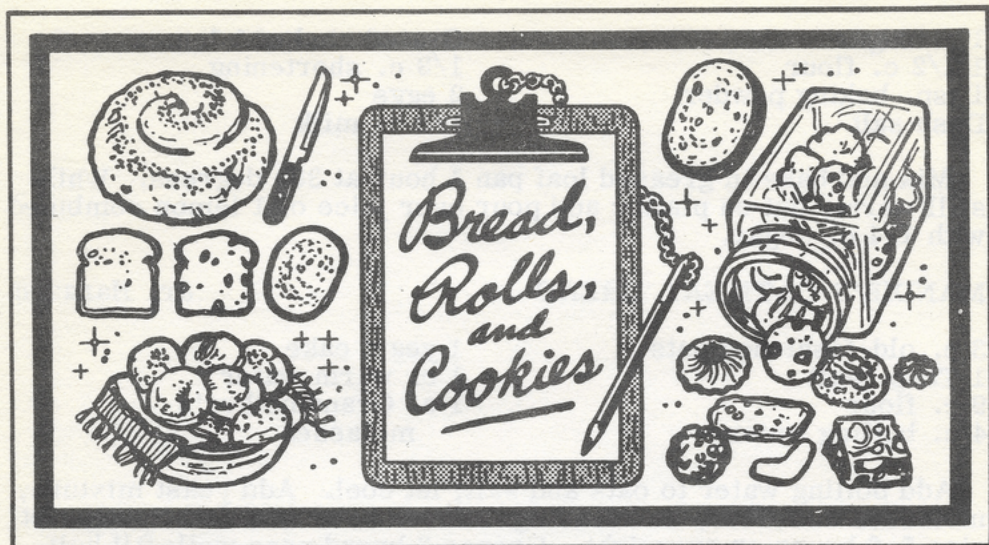
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## BANANA BREAD

Helen J. Bowen

1  $\frac{2}{3}$  c. flour  
 2/3 c. sugar  
 1/3 c. shortening, Mazola  
 2 eggs

1 tsp. soda  
 1/4 tsp. salt  
 2 tsp. baking powder  
 3 to 3  $\frac{1}{2}$  ripe bananas, sliced  
 and crushed

Use regular bread pan; grease well and flour. Preheat oven to 350 degrees. Put all ingredients in large bowl except bananas. Mix with fork until well blended; mixture will be lumpy and not well mixed. Add bananas; mix by hand until well blended. Pour into pan and bake 45-50 minutes; test with knife.

## CORN FRITTERS (the easiest)

Marge Radicky

1 egg  
 1/4 c. milk

1 c. pancake mix  
 1 can whole kernel corn, drain

Blend egg and milk; stir in pancake mix, then corn. Do not overbeat; will be thick and seem all corn. Drop by teaspoon into hot oil and cook until brown 4 minutes. 20-24 fritters.

## HUSH PUPPIES (great with fish and seafood)

Marge Ryan

3 c. corn meal  
 2 tsp. baking powder  
 1  $\frac{1}{2}$  tsp. salt  
 1  $\frac{1}{2}$  c. milk

1  $\frac{1}{2}$  c. water or beer  
 1 egg  
 1 finely chopped onion

Mix and drop by teaspoon into hot oil; cook until brown.

## LEMON BREAD

Marge Radicky

1 c. sugar  
1 1/2 c. flour  
1 tsp. baking powder  
Dash salt

Grated rind of 1 lemon  
1/3 c. shortening  
2 eggs  
1/2 c. milk

Mix and bake in greased loaf pan 1 hour at 350 degrees. While still warm, put on platter and pour over juice of 1 lemon combined with 1/4 c. sugar.

## MANDIE'S OATMEAL BREAD

Jr. Harasen

3 c. old-fashioned oats  
1 Tbsp. salt  
9 c. flour  
4 c. boiling water

1 yeast cake  
1 c. warm water  
1 c. Grandmother's  
molasses

Add boiling water to oats and salt; let cool. Add yeast mixture, molasses and flour, no kneading. Cover bowl with foil tightly; let rise 5-6 hours or overnight. Grease 3 bread pans well; fill half full with dough and let rise 1 hour uncovered. Slap about 2 hand-fuls cold water on each pan of dough and bake 1 hour at 350 degrees. Brush with milk or butter.

## PUMPKIN BREAD

Marge Ryan

1 1/4 c. sugar  
1/2 c. salad oil  
2 large eggs  
1 c. canned pumpkin  
1 2/3 c. flour  
3/4 tsp. salt

1/2 tsp. cloves  
1/2 tsp. nutmeg  
1/2 tsp. cinnamon  
1 tsp. soda  
1/4 tsp. baking powder  
1/4 c. water

Mix first 3 ingredients; add pumpkin and remaining ingredients. Bake at 350 degrees 1 hour. If eggs are not large, use 1/2 c. water and 1/2 c. nuts or raisins which is optional.

## STUFFED SYRIAN BREAD

Marge Ryan

1 pkg. of 3 large Syrian bread  
1 1/2 lb. bulk sausage  
1 c. finely chopped onion

1 c. ground chopped pepper  
12 slices American or cheddar  
cheese

Scramble sausage in skillet until nearly done. Saute' onion and green pepper in sausage drippings until tender; drain off fat. Mix onion and pepper with sausage; make pocket in each large bread. Line each with 3-4 slices of cheese and spoon 1/3 sausage mix into pocket. Bake at 400 degrees 10 minutes 15 minutes before serving.

## ZUCCHINI BREAD

Jean Dattilo

3 eggs  
1 c. oil  
2 c. sugar  
3 Tbsp. vanilla  
2 c. grated zucchini  
1 c. chopped nuts

3 c. flour  
1 tsp. salt  
1 tsp. baking soda  
1 tsp. baking powder  
3 tsp. cinnamon

Beat eggs until thick and creamy; add oil, sugar and zucchini. Mix lightly and add vanilla. Sift flour, salt, soda, baking powder and cinnamon 3 times; add to previous mixture and blend well. Add chopped nuts, lightly floured. Pour into 2 well-greased bread pans and bake at 325 degrees 1 hour or until done.

## EASY BUTTERSCOTCH ROLLS

Jeanne Donlan

1 pkg. Pillsbury hot roll mix  
Butter or oleo

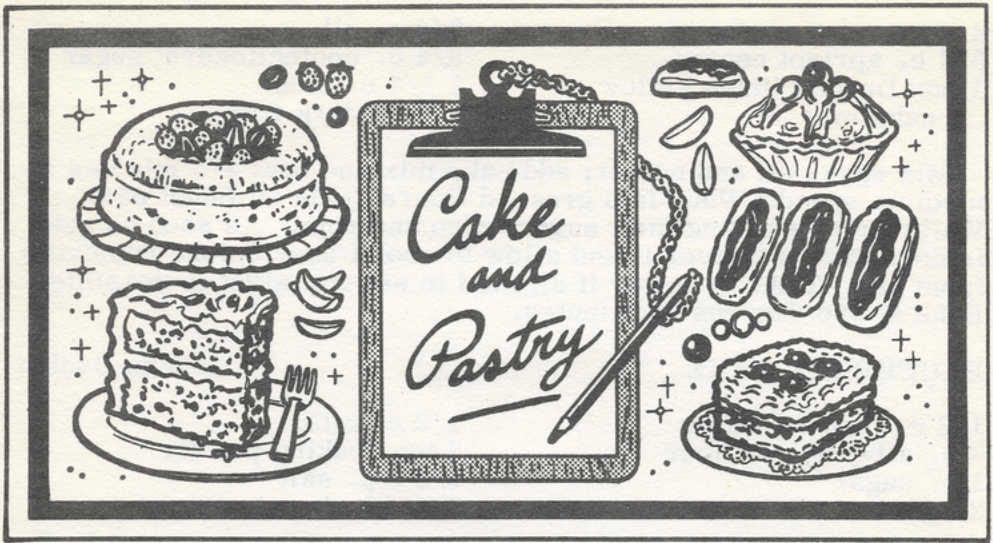
Light brown sugar

Follow directions on box for raising dough. Roll it thin on floured board into rectangular shape. Spread liberally with softened butter and sprinkle well with brown sugar. Roll and cut about 2 1/2-inches wide. Line square pan with waxed paper and spread with butter and brown sugar; let rise covered 30 minutes. Preheat oven to 400 degrees and bake 30-35 minutes. Turn pan upside down and let mixture on bottom run into rolls before removing from pan. Serve hot as possible. Delicious! Pecans, nuts or almond slices may be added to bottom of pan before baking.

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### APPLE BROWNIES

Patricia Fowler

1/2 c. butter or oleo  
1 c. white sugar  
1 egg  
1/2 tsp. baking powder  
1/2 tsp. soda

1/2 tsp. salt  
1/2 tsp. cinnamon  
1 c. flour  
3 sliced apples  
1/2 c. chopped nuts

Cream butter and sugar; add egg and beat well. Sift dry ingredients; add to creamed mixture and blend well. Fold in apples and nuts. Bake at 375 degrees 45 minutes in 8x8-inch pan. Batter is very stiff when apples are added but evens itself out during baking.

### APPLE WALNUT COFFEE CAKE

Elizabeth Stewart

6 apples, peeled and sliced  
3 c. sugar  
1 1/2 tsp. baking powder  
1 1/2 tsp. soda  
1/2 tsp. salt  
3/4 c. butter or oleo  
1 1/2 c. sugar

3 eggs  
2 tsp. vanilla  
1 pt. sour cream  
3/4 c. brown sugar  
2 tsp. cinnamon  
1 c. chopped walnuts

Mix flour, baking powder, soda and salt. Cream butter; gradually add sugar. Add eggs one at a time; beat well. Add vanilla and dry ingredients alternately with sour cream. Mix brown sugar, cinnamon and nuts. Put 1/3 batter into well-greased 10-inch tube pan; sprinkle 1/3 nut mixture, press apples into batter; repeat 2 more times. Bake at 350 degrees 1 hour.

## APRICOT RUM CAKE

Louise Stevens

4 eggs  
3/4 c. apricot nectar  
1 box Duncan Hines yellow  
cake mix

3/4 c. oil  
3/4 c. confectioners' sugar  
1 1/4 c. oleo  
1/2 c. dark rum

Mix eggs, oil and nectar; add cake mix and beat 4-5 minutes at medium speed. Pour into greased floured tube or Bundt pan. While cake is baking melt sugar, oleo and rum. As soon as cake is done pour mix over it and allow to cool 1 hour before removing from pan. Cake is better if allowed to set overnight if possible. Bake at 350 degrees 50 minutes.

## BLUEBERRY CAKE

Jeanne Donlan

1/2 c. oleo or butter  
2 c. all-purpose flour  
1 c. sugar  
2 eggs

1/2 c. milk  
2 tsp. baking powder  
1/2 tsp. salt  
2 c. blueberries

On low speed with mixer, cream butter and sugar until fluffy. Add eggs one at a time; mix until blended. Sift dry ingredients and add alternately with milk. Add all berries whole; stir in by hand. Grease 9-inch round tube pan or muffin pan, well. Pile muffin dough high and sprinkle with sugar. For cake bake at 350 degrees 55-60 minutes; bake muffins at 375 degrees 25-30 minutes.

## BLUEBERRY PICNIC CAKE

Mrs. Barbara B. Thomas

3 c. all-purpose flour  
2 c. granulated sugar  
1 c. butter or shortening  
Grated rind 1 lemon  
1/2 tsp. allspice

1 Tbsp. baking powder  
1 tsp. salt  
3 eggs  
1 1/2 c. milk  
2 c. blueberries

Mix flour with sugar; cut in shortening. Remove 1 c. mixture for topping. Add rind, spice, baking powder, salt to mixture in bowl; beat eggs with milk and add. Bake in 13x9x2-inch pan at 350 degrees 40-50 minutes. Sprinkle berries on top and cover with 1 c. crumbled mixture.

## BLUEBERRY PUDDING CAKE

Elizabeth Stewart

2 c. blueberries  
Juice of 1/2 lemon  
3 Tbsp. shortening  
3/4 c. sugar  
1/2 c. milk  
1 c. boiling water

1 c. all-purpose flour  
1 tsp. baking powder  
Topping:  
1/4 c. sugar  
1 Tbsp. cornstarch  
1/4 tsp. salt

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## BLUEBERRY PUDDING CAKE (Continued)

Put blueberries and lemon juice in bottom of well-greased 8x8x2-inch pan. Blend shortening, sugar, milk, flour and baking powder; spread over berries. Combine topping ingredients and sprinkle over batter; pour 1 c. boiling water over top. Bake at 350 degrees 50-60 minutes.

### CAKE PAN CAKE

Elsa Emmons

1 1/2 c. flour  
1 c. sugar  
3 Tbsp. cocoa  
1 tsp. soda  
1/2 tsp. salt

6 Tbsp. cooking oil or  
shortening  
1 Tbsp. vinegar  
1 tsp. vanilla  
1 c. cold water

Put dry ingredients into sifter and sift directly into ungreased 8-inch square cake pan. Make 3 holes in dry ingredients. Pour oil into first hole, vinegar into second and vanilla into third. Pour cold water over all; stir with fork until evenly mixed. Bake at 350 degrees 35-40 minutes. Invert to cool; frost with favorite frosting.

### CHEESE CAKE (large)

Jeanne Donlan

4 8-oz. pkg. cream cheese  
1 tsp. vanilla or almond  
flavoring  
1 3/4 c. sugar  
2 Tbsp. flour

1/4 tsp. salt  
4-5 eggs  
1/4 c. heavy cream, not  
whipped  
Graham cracker crust

Eggs should be equivalent to 1 c. You may separate them and beat each separately, folding stiffened whites into batter at end of recipe for chiffon effect. Preheat oven to 450 degrees; butter a 9-inch spring pan, line bottom and sides halfway up with crust (recipe on box). Be sure cheese and eggs are at room temperature. Cream cheese with electric mixer; after well creamed add sugar, flour and salt, mixing well after each addition. Add eggs, or yolks if making chiffon; beat well. Add flavoring and cream. Fold in egg whites. Pour into pan onto crust and bake 12 minutes; turn down oven to 300 degrees and bake an additional 55 minutes. Cool 15 minutes and add following topping.

#### Topping:

2 c. sour cream  
3 Tbsp. sugar

1 tsp. vanilla or almond  
topping

Blend ingredients well together. Put on cake and return to oven; bake at 325 degrees 15 minutes. Then refrigerate until completely cool. Remove spring pan side. On top of cake you may add crushed pineapple, strawberries, cherries, blueberries or whatever your preference.

## CHEESE CAKE

Peggy Wells

1 lb. cream cheese  
3 eggs  
1/2 to 1 c. sugar

1 tsp. vanilla  
1 box vanilla wafers

Cream ingredients until smooth. Line bottom of paper cups, muffin size, with small vanilla wafers and fill cup 2/3 full. Bake at 350 degrees 15 minutes. Cool and top with cherry pie filling or any fruit.

## CHOCOLATE CAKE

Mrs. Edna Thomas

1 1/2 c. sugar  
1/2 c. shortening  
2 beaten eggs  
1/2 c. milk  
2 c. flour

1/2 tsp. baking powder  
1 tsp. vanilla  
1/2 tsp. soda  
1/4 tsp. salt  
1/2 c. cocoa

Mix cocoa last in with 1 c. boiling water. Cream shortening and sugar; add beaten eggs, beaten separately. Add milk, then flour with soda and baking powder; add vanilla. Add cocoa and boiling water last.

## DOT'S FUDGE SQUARES

Dot Saulnier

2 1/2 c. graham cracker crumbs  
1/4 lb. oleo  
2 Tbsp. sugar  
2 cans Borden's Eagle Brand  
condensed milk

1 large pkg. chocolate bits  
1 tsp. vanilla  
1 c. chopped walnuts  
13x9-inch pan

Mix melted butter, crumbs and sugar; spread half in bottom of pan and pat down. Save half for top. In double boiler, melt chocolate and milk; add vanilla and nuts. Pour into crumbs; add remaining crumbs on top. Bake at 375 degrees 20 minutes. Cut when cool.

## FRESH APPLE CAKE

Roland J. Clements

1 c. shortening  
2 c. sugar  
4 eggs  
3 c. flour  
2 tsp. soda

2/3 c. cold coffee  
2 c. walnuts  
4 c. raw apples  
2 c. raisins

Cream first 3 ingredients. Sift flour and soda; add this alternately with coffee. Stir in raisins, apples and nuts. Bake at 350 degrees 1 hour 10 minutes.

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## GLAZED ORANGE CAKE

Lillian Greene

- |                            |                     |
|----------------------------|---------------------|
| 1 c. oleo                  | 1 tsp. salt         |
| 2 c. sugar                 | 3/4 c. milk         |
| 1/2 tsp. vanilla           |                     |
| 2 Tbsp. grated orange rind | Glaze:              |
| 5 eggs                     | 1/4 c. oleo         |
| 3 c. flour                 | 2/3 c. sugar        |
| 1 Tbsp. baking powder      | 1/3 c. orange juice |

Butter and flour 10-inch tube pan. Cream oleo and sugar; add vanilla and rind. Add eggs one at a time. Sift flour, baking powder and salt; add alternately with milk, ending with flour. Bake at 350 degrees 1 hour. Cool pan on rack 2-3 minutes. Pour glaze evenly over cake while still hot; allow cake to cool in pan. Good if kept in refrigerator. For glaze, heat ingredients until sugar melts; pour over cake.

## HAWAIIAN DREAM CAKE

Marge Palmer

- |   |                           |
|---|---------------------------|
| 1/2 c. Crisco Oil                         | 1 8-oz. pkg. cream cheese |
| 1 yellow cake mix                         | 1 c. milk                 |
| 1 large can crushed pineapple, save juice | 9 oz. Cool Whip           |
| 1 3-oz. pkg. instant vanilla pudding      | 1 pkg. coconut            |
|   | 1 pkg. walnuts            |

Bake cake according to directions, using pineapple juice and adding water to get required amount. Add oil and bake at 350 degrees in well-greased pan. Blend cheese, pudding and milk until smooth; fold in pineapple and spread over cool cake. Spread Cool Whip on top; top again with coconut and crushed walnuts.

## HOT WATER SPONGE CAKE AND FROSTING

Lillian Greene

- |                                 |                              |
|---------------------------------|------------------------------|
| 4 separated eggs                | Frosting:                    |
| 1 1/2 c. sugar                  | 3 3/4 Tbsp. flour            |
| 1/2 c. boiling water            | 3/4 c. milk                  |
| 1/4 tsp. salt                   | 3/4 c. granulated sugar      |
| 1 1/2 c. flour                  | 3/4 c. shortening, half oleo |
| 1 tsp. baking powder            | 1/2 tsp. vanilla             |
| 1 tsp. lemon or vanilla extract | 3/8 tsp. salt                |

Beat yolks until thick; gradually add sugar and beat. Add water and mix well. Add sifted dry ingredients; mix. Add extract. Fold in stiffly beaten whites. Bake in ungreased 10-inch tube pan at 325 degrees 1 hour. Invert pan to cool. For frosting cook flour and milk until thick, about 10 minutes. Cool. If lumpy put through sieve. Cream sugar, shortening, salt and vanilla together; add paste and beat well.

## LEMON SQUARES

Mrs. Debbie Delaney

1 pkg. lemon pie filling  
1/4 c. sugar

2 c. flour  
1 c. butter

Blend ingredients; save 1/2 c. for top. Press into square pan and bake at 350 degrees 20 minutes. Make up pie filling following recipe on package; pour on top of flour mixture. Add meringue on top; add crumbs on top. Bake until brown.

## MIRACLE FRUIT CAKE (4 1/4 lb.)

Jerry Heigh

1 c. sliced dates  
1 c. seedless raisins  
2/3 c. butter or oleo  
1 1/4 c. brown sugar,  
packed  
1/4 c. molasses  
1 1/2 c. hot water  
2 eggs

1 lb. fruits and peels  
1 c. chopped nuts  
3 c. sifted flour  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1 tsp. soda  
1 tsp. baking powder  
1 tsp. salt

Combine first 6 ingredients; boil gently 3 minutes. Cool in large mixing bowl. Beat in eggs; add mixed fruits and nuts. Sift flour, cinnamon, nutmeg, soda, powder and salt; add gradually to fruit mixture, beating after each addition. Pour into 9-inch tube pan lined with greased waxed paper. Bake at 275 degrees 2 1/2 hours or until completely baked. Remove from pan; cool thoroughly. Wrap securely in foil and store in clean airtight container in cool place. Brandy may be added, a nip. Age 3-4 weeks to improve flavor. Will store well if wrapped well.

## MOLASSES CAKE SQUARES

Helen J. Bowen

1 1/2 c. flour  
1/2 c. sugar  
1/2 c. shortening  
1/2 c. water  
1 egg  
1 1/2 tsp. baking powder  
1/4 tsp. baking soda  
1/2 c. molasses

1 tsp. cinnamon  
1/2 tsp. salt  
1 tsp. instant coffee  
1/2 tsp. cloves

### Frosting:

1/2 box confectioners' sugar  
3 Tbsp. milk

Use 13x9x2-inch pan. Mix all cake ingredients with electric mixer 3 minutes or until well mixed. Pour into well-greased and floured pan and bake at 350 degrees 25-30 minutes. Test with knife; let cool 10 minutes. Frost with frosting. Better when frosted while still warm.

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## PINEAPPLE BROWNIES

Alberta Wegzyn

1 1/2 c. sifted flour  
1 Tbsp. baking powder  
1/2 tsp. salt  
1/2 tsp. cinnamon  
3/4 c. butter or oleo  
1 tsp. vanilla

3 eggs  
1 1/2 c. sugar  
1 c. crushed pineapple  
2 sq. chocolate  
1/2 c. chopped nuts

Sift first 4 ingredients. Cream butter; add sugar gradually, creaming well. Add eggs one at a time; add vanilla, beating well. Add dry ingredients; mix thoroughly. Place 1 c. batter in second bowl; add well-drained pineapple and mix well. Add chocolate and nuts to remaining batter. Spread 1 1/2 chocolate batter in well-greased 9x11-inch pan; cover with pineapple batter. Drop remaining chocolate by spoonfuls and spread over top. Bake at 375 degrees 45-50 minutes.

## RHUBARB CAKE

Dorothy Lect

1 c. sugar  
1/2 c. shortening  
1 tsp. vanilla  
1 tsp. salt  
1 slightly beaten egg  
1 tsp. soda

3/4 c. buttermilk  
1 3/4 c. flour  
2 c. rhubarb  
1/2 c. brown sugar  
1/2 c. nutmeats

Mix ingredients as given; it is a stiff batter. Stir in 2 c. rhubarb sliced 1/4-inch thick. Pour into 9x13 1/2-inch pan; top with 1/2 c. brown sugar mixed with 1/2 c. nutmeats. Sprinkle over raw dough and bake at 350 degrees 30 minutes.

## RICOTTA FILLED CAKE

Jo Harason

1 pkg. yellow cake mix  
2 lb. ricotta cheese  
3/4 c. sugar

4 beaten eggs  
1/4 tsp. vanilla

Mix cake according to directions. Grease and flour 13x9-inch pan and pour in cake mix. Mix cheese, sugar, eggs and vanilla; pour filling over batter evenly. Do not mix with batter. Bake at 350 degrees 1 hour or until toothpick will come out clean. Cool and cut into small pieces.

## SPICE BARS (good)

Lillian Greene

1 c. sugar  
2 c. flour  
1 tsp. baking powder  
1 tsp. cinnamon  
1 tsp. soda  
1 tsp. salt

1 tsp. vanilla  
1/2 c. oil  
3 Tbsp. molasses  
1 c. cold coffee  
2 eggs

continued.....

## SPICE BARS (Continued)

### Frosting:

1 pkg. confectioners' sugar	1 tsp. melted oleo
Coffee to make spreading consistency	1 tsp. maple flavoring

Sift dry ingredients; add vanilla, molasses, eggs and oil and mix thoroughly. Spread in greased cookie sheet and bake at 375 degrees 15-20 minutes. When cool, frost. For frosting mix sugar, oleo and flavoring, then small amount cold coffee.

## STRAWBERRY TEA CAKE

Ruth Brockelbank

1 c. butter	2 tsp. baking powder
1 1/2 c. sugar	2 3/4 c. flour
1/2 tsp. salt	1 c. milk
1/2 tsp. nutmeg	2 pt. fresh strawberries
6 separated eggs	Confectioners' sugar
1 Tbsp. grated lemon rind	1/2 pt. heavy cream, whipped and sweetened
1 tsp. vanilla	

Cream butter and sugar in large bowl; add salt, nutmeg, egg yolks, rind and vanilla. Beat until light and fluffy. Stir in baking powder. At low speed, blend in flour alternately with milk. Beat egg whites until stiff; fold into batter. Bake in 10-inch tube pan at 350 degrees 1 hour 10 minutes. Remove from oven; cool 10 minutes. Remove from pan to cooling rack. Before serving, sweetened berries and sprinkle top of cake with powdered sugar.

## BITE-SIZE CREAM PUFF

Ruth Brockelbank

1 c. water	4 eggs
1/2 c. butter	Whipped Filling:
1/8 tsp. salt	1 c. heavy cream
1 c. flour	2 Tbsp. sugar

Combine water, butter and salt in saucepan; bring to boil. Add flour all at once, stir until it forms a ball. Let cool. Add eggs one at a time; cream until smooth. Bake puffs at 450 degrees 15 minutes. Lower oven to 350 degrees 1/2 hour. Grease cookie sheet and drop batter from teaspoon.

## CANNERY APPLE PIE

Bernice Robishaw

1 c. flour	2 eggs
1 1/2 c. sugar	1 tsp. vanilla
2 tsp. baking powder	3/4 c. chopped walnuts
1/2 tsp. salt	2 c. fresh diced apples

continued.....

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## CANNERY APPLE PIE (Continued)

Combine first 5 ingredients; blend well. Stir until no ingredients are showing. Batter will be stiff. Add vanilla; mix well. Do not use mixer. Add nuts; carefully fold in apples. Use 9-inch pie plate and cook 45 minutes at 375 degrees. Best served with vanilla ice cream.

### CHERRY PIE

Dot Saulnier

1/2 c. confectioners' sugar  
1 3-oz. pkg. cream cheese  
1 tsp. vanilla

1 can Lucky Leaf cherry pie  
filling

Whip cream; add to creamed mixture and spread in 9-inch baked pie shell. Pour filling over top.

### MILE HIGH STRAWBERRY PIE

Virginia H. Baisley

1 10-1/2 oz. pkg. frozen  
strawberries  
1/2 c. sugar  
1/4 tsp. salt

1 Tbsp. lemon juice  
2 stiffly-beaten egg whites  
4 1/2 oz. pkg. frozen whipped  
topping

Graham cracker or baked pastry pie shell. Combine frozen berries, salt, sugar and lemon juice in large bowl. Whip together. Fold in egg whites and whipped topping. Spread in pie shell and freeze several hours. Serve frozen slices topped with more berries if desired.

### PECAN PIE

Dorothy Riley

1/4 c. butter  
2/3 c. brown sugar,  
firmly packed  
1/2 c. white sugar

1/4 tsp. salt  
1 c. dark corn syrup  
3 beaten eggs  
1 c. pecan halves

Cream butter and sugars together until fluffy. Beat eggs; add remaining ingredients and add to sugar. Fold in pecan halves. Bake at 450 degrees 10 minutes, then at 350 degrees 35 minutes.

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### GOOD 'N EASY LEMON DESSERT

Virginia H. Baisley

1 c. finely crushed graham  
cracker crumbs  
2 separated eggs  
1/2 c. sugar

1 tsp. grated lemon rind  
3 Tbsp. lemon juice  
1 c. Cool Whip

Line ice cube tray with waxed paper; sprinkle 1/2 c. crumbs over bottom of it. Beat egg yolks and sugar together until light and creamy; cook 5 minutes in top of double boiler, stirring constantly. Remove from heat; add lemon juice and rind; let cool. Fold in stiffly beaten egg whites, then Cool Whip. Pour into prepared pan; top with remaining crumbs. Freeze 5 hours or until firm. Slice and serve frozen. Will keep a week or more frozen, kept covered.

### HOT FUDGE SAUCE

Virginia H. Baisley

2 sq. unsweetened chocolate  
1/2 c. butter or oleo

2 c. sifted confectioners' sugar  
3/4 c. evaporated milk

Melt butter and chocolate in 1-qt. pan over low heat. Remove from heat; add milk and sugar alternately, stirring well. Return to heat; simmer 10 minutes, stirring frequently. Makes 2 c. sauce; may be reheated over boiling water as needed.

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MAINE CRAZY PUDDING (flavorsome Ernestine Gillis  
pudding above a deep pool of luscious sauce)

1/2 c. granulated sugar	1 tsp. baking powder
1/2 c. milk	1 tsp. soda
2 Tbsp. butter	1/2 tsp. nutmeg
1 c. sifted flour	1/2 c. seedless raisins or
1/2 tsp. salt	dates

Cream butter and sugar; add remaining ingredients, beat well. Pour into baking dish.

Sauce:

1 c. brown sugar	2 c. boiling water
2 Tbsp. butter	2 Tbsp. lemon juice, optional

Heat; as soon as it comes to boil pour it over batter in baking dish. Bake at 375 degrees 1 hour. Serve with cream if desired. Serves 8.

PINEAPPLE DELIGHT Pat Balboni

1 large can crushed pineapple	1 lb. pkg. miniature marsh-
1 pt. whipping cream	mallows

Mix pineapple and marshmallows in large bowl; refrigerate all night. Whip cream and fold in.

PINEAPPLE FLAPPER Jo Harasen

2 c. unsweetened crushed	3 eggs
pineapple, well drained	1 1/2 c. sugar
1/2 lb. graham crackers,	1/4 lb. butter
rolled fine	1 c. crushed nuts

Cream butter; add sugar slowly, beating well until all grit is gone. Add eggs one at a time; beat until smooth. Fill shallow pan with alternate layers of crumbs, pineapple, egg mixture, crushed nuts on top. Chill overnight; serve with whipped cream.

RUSSIAN CREAM Jean Dattilo

3/4 c. sugar	1 c. sour cream
1 env. unflavored gelatin	1 1/2 tsp. vanilla
1 1/2 c. water	1 c. Cool Whip

Mix first 3 ingredients in saucepan; stir over low heat to dissolve sugar. Remove from heat; blend in sour cream and vanilla. Chill until slightly thickened. Blend in Cool Whip and chill 3 hours.

## SUPER FRUIT COCKTAIL

Jeanne Donlan

3 small cans tropical fruit salad  
2 small cans grapefruit  
sections  
2 small cans mandarin  
oranges  
2 small cans sliced peaches  
2 small cans apricot halves

2 small cans pears  
1-2 small cans mixed grape-  
fruit and orange sections  
if too sweet  
3 pkg. frozen melon balls  
3-4 fresh bananas, sliced  
Cherries, if desired

Mix and chill, preferably overnight. Serve with sherbet of choice.

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### BEST EVER FUDGE

Mrs. Anne S. Morgan

2 sq. baking chocolate  
2/3 c. milk  
2 c. sugar  
Pinch salt

1 tsp. vanilla  
1 Tbsp. butter  
1 Tbsp. marshmallow fluff

Melt chocolate in milk in pan; cook until thick. Add sugar and salt; cook over moderate heat until it reaches soft ball stage. Remove from heat; cool to lukewarm. Add vanilla, butter and marshmallows; beat until creamy. Pour into buttered 9x9-inch pan and cut into squares when cold.

### WHITE CREAM FUDGE

Jean Dattilo

1 c. cream  
3 c. sugar  
1/4 tsp. salt  
4-6 Tbsp. butter

1 tsp. vanilla  
1 c. chopped nuts  
2-3 Tbsp. marshmallow  
5 Tbsp. corn syrup

Mix cream, sugar, salt and syrup together; add butter. Cook slowly, stirring constantly until it boils. Cover and cook 3 minutes. Uncover and cook, stirring occasionally to soft ball stage or 236 degrees on candy thermometer. Remove from heat; add marshmallow and beat a few minutes. Add vanilla and nuts; beat a few minutes more. Pour into buttered pan; cut when firm.

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## BROCCOLI CASSEROLE

Louise Stevens

1 large pkg. frozen broccoli  
1 can Campbell's cheddar  
cheese soup

2 c. Ritz crackers  
1/4 lb. oleo

Cook broccoli; drain well. Mix it with soup, top with crackers and oleo topping. Put crackers in blender until fine. Melt oleo, blend with crackers. Bake at 350 degrees 20 minutes or until crumbs are brown.

## SCALLOP CASSEROLE

Mrs. Edna Thomas

1 lb. scallops  
1 can mushroom soup

1/4 c. dry bread crumbs,  
buttered

Cut scallops into small pieces; place in greased casserole. Stir in soup until smooth. Mix in scallops; top with crumbs. Bake at 450 degrees 20 minutes.

## SHRIMP CASSEROLE

Dot Saulnier

1 c. Minute Rice, raw  
1 small can shrimp  
1 small can tuna fish  
1 chopped onion

1 can frozen cream of shrimp  
soup  
1 large can evaporated milk  
Bread crumbs

Mix all except crumbs in 1 1/2-qt. casserole. Sprinkle with crumbs and bake 45 minutes at 350 degrees. Sautéed peppers and mushrooms may be added.

## SQUASH CASSEROLE

Marjorie DeMario

3 c. cooked summer squash  
1 small chopped onion  
1 can cream of chicken soup

1 8-oz. carton sour cream  
1 stick oleo  
1 8-oz. pkg. Pepperidge Farm  
herb stuffing

Cook squash and salt together; drain well. Add onion. Mix soup and sour cream; melt oleo and mix with stuffing. Line casserole with half stuffing mix; put in squash mixture and top with buttered dressing. Bake at 325 degrees 20-25 minutes.

## TUNA AND SHRIMP CASSEROLE

Mary Kelleher

1 c. cream of mushroom soup  
1/2 c. evaporated milk  
1 6-1/2 oz. chunk tuna, drained  
1 5-oz. can tiny shrimp  
3/4 c. chopped almonds

1/2 c. chopped onion  
1 c. chopped celery  
1/2 tsp. salt  
1/2 tsp. pepper  
1 small c. chow mein noodles

In 2-qt. casserole mix soup and milk, stirring well. Add next 7 ingredients and 1/2 c. noodles. Stir to blend well. Sprinkle remaining noodles on top. Bake at 350 degrees 25-30 minutes. Serves 4.

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Write An Extra Recipe Here:

## OVEN TEMPERATURE CHART

Slow .....	250 degrees - 325 degrees F.
Moderate .....	325 degrees - 375 degrees F.
Moderate hot .....	375 degrees - 425 degrees F.
Hot .....	425 degrees - 450 degrees F.
Very hot .....	450 degrees - 475 degrees F.

	Minutes	Temperature
<b>BREADS</b>		
Loaf .....	50-60	400
Rolls .....	20-30	400
Biscuits .....	12-15	450
Muffins .....	20-25	400
Popovers .....	30-40	425
Corn bread .....	25-30	400
Nut .....	50-60	350
Gingerbread .....	30-40	325
<b>PIES</b>		
Pumpkin .....	35-45	400
Two-crust .....	25-40	400
Shells .....	10-12	450
Meringue .....	10-15	300
<b>COOKIES</b>		
Drop .....	10-15	400
Rolled .....	8-12	400
Ice box .....	8-12	400
Molasses .....	10-15	350
<b>CAKES</b>		
Angel .....	60	325
Sponge .....	60	325
Cup .....	25	350
Layer .....	25-30	375
Loaf .....	45-60	350
Sheet .....	20-30	375
Pound .....	60-90	325
<b>MEAT AND POULTRY</b>		
Beef, rare .....	20 min. to lb.	300
Beef, medium .....	25 min. to lb.	300
Beef, done .....	30 min. to lb.	300
Pork .....	40 min. to lb.	350
Ham, smoked .....	30 min. to lb.	300
Mutton .....	35 min. to lb.	300
Veal .....	35 min. to lb.	325
Chicken .....	25 min. to lb.	350
Duck .....	25 min. to lb.	350
Turkey, large .....	20 min. to lb.	275
Turkey, small .....	25 min. to lb.	300
Fish .....	20 min. to lb.	375

## OVEN TEMPERATURE CHART (Continued)

### MISCELLANEOUS

Custard cup .....	20-30 .....	300
Custard casserole .....	45-60 .....	300
Souffle .....	50-60 .....	325
Baked potato .....	60-90 .....	400
Baked beans .....	6 hours .....	350
Timbales .....	35-45 .....	300
Rice Pudding .....	50-60 .....	325
Scalloped potato .....	60-90 .....	375

### TIME CHART FOR ROASTS

Kind:	Minutes per lb. after searing:
Beef - rare .....	10-16
medium . .....	17-22
well done .....	23-30
Veal, pork, lamb - well done ..	30
Cured pork - well done .....	40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

### TIME TABLE FOR BROILING AND PAN BROILING

Kind of Meat:	Time in Minutes:
Beef steaks - 1-inch thick .....	Rare or medium, 8-10
1 1/2-inch .....	Rare or medium, 10-15
2-inch .....	Rare or medium, 18-25
Pork chops, thin .....	8-10
Lamb chops, rib .....	6-8
Loin or shoulder .....	8-10
Mutton chops 1-inch thick .....	15-20
Veal cutlets, very thin .....	6-8
Chops .....	10

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other. Example: breaded veal chops.

Tender Meat Cookery: Roasting: Skewer meat into shape, lay on

## TIME TABLE FOR BROILING AND PAN BROILING (Continued)

a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F.; baste occasionally until done. Add hot water if necessary for basting.

## TEMPERATURES FOR BAKING FLOUR MIXTURES

<u>Food</u>	<u>Temperature</u>	<u>Time (Min.)</u>
Baking powder biscuit .	450 degrees to 460 degrees	12-15
Bread .....	350 degrees to 400 degrees	45-60
Butter cake, loaf .....	360 degrees to 400 degrees	40-60
Butter cake, layer ....	380 degrees to 400 degrees	20-40
Cake, angel .....	300 degrees to 360 degrees	50-60
Cake, sponge .....	300 degrees to 350 degrees	40-60
Cake, fruit .....	275 degrees to 325 degrees	3-4 hours
Cookies, thin .....	380 degrees to 390 degrees	10-12
Cookies, molasses ....	350 degrees to 375 degrees	18-20
Cream puffs .....	300 degrees to 350 degrees	45-60
Meringues .....	250 degrees to 300 degrees	40-60
Muffins (b. p.) .....	400 degrees to 425 degrees	20-25
Pie crust .....	400 degrees to 500 degrees	20-40
Popovers .....	350 degrees to 450 degrees	35-40
Rolls.....	400 degrees to 425 degrees	25-30

## TABLE FOR COOKING CEREALS

<u>Kind and Amount</u>	<u>Salt</u>	<u>Water</u>	<u>Time in double boiler</u>
Cream of wheat, 1 cup .	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup .....	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup .....	1 tsp.	3 c.	40 minutes
Hominy (coarse) .....	1 tsp.	5 c.	3 hours
(fine) .....	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup.....	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup..	1 tsp.	4 c.	4 to 6 hours

## TABLE FOR DRIED FRUITS

<u>Fruit</u>	<u>Cooking Time</u>	<u>Amount of Sugar or Honey</u>
Apricots .....	About 40 minutes	1/4 c. for each c. fruit
Figs .....	About 30 minutes	1 Tbsp. for each c. fruit
Peaches .....	About 45 minutes	1/4 c. for each c. fruit
Prunes .....	About 45 minutes	2 Tbsp. for each c. fruit

## SAUCES

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin .....	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium...	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3 .....	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick .....	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.

Use No. 2 sauce for creamed or scalloped dishes or gravy.

Use No. 3 sauce for souffles.

Use No. 4 sauce for croquettes.

## VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	<u>Minutes Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles .....	30		
Artichokes, French .....	40	45-60	
Beans, Lima, depending on age .....	20-40	60	
Beans, string .....	15-45	60	
Beets, young with skins on .....	45	60	70-90
Cabbage, chopped, cut sectional .....	10-20	25	
Cauliflower, stem down.....	20-30		
Carrots, cut across .....	20-30	40	
Chard .....	60-90	90	
Celery, cut in lengths 1/2 inch .....	30	45	
Corn, green, tender .....	5-10	15	20
Cucumbers, peeled and cut.....	20	30	40
Eggplant, whole .....	30	40	45
Onions .....	45	60	60
Parsnips .....	60	75	75
Peas, green .....	20-40	35-50	
Peppers ... ..	20-30	30	30
Potatoes, depending on size .....	20-40	60	45-60
Pumpkin, in cubes.....	30	45	60
Potatoes, sweet .....	40	40	45-60
Salsify .....	25	45	
Spinach .....	20	30	
Squash in cubes .....	20-40	50	60
Tomatoes, depending on size .....	5-15	50	15-20
Turnips, depending on size .....	30-60		

## MEASUREMENT EQUIVALENTS IN METRIC MEASURE

1 cup	= 250 milliliters (ml)
1/4 cup	= 62 1/2 ml
1 teaspoon	= 5 ml
1 tablespoon	= 15 ml
1 pint	= 1.47 liter (l)
1 quart	= 0.95 l
1 gallon	= 3.8 l
1 liter	= 2.1 pint
1 liter	= 1.06 quart
1 liter	= 0.26 gallon

## CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread .....	230 degrees to 234 degrees
Soft ball .....	234 degrees to 238 degrees
Medium ball....	238 degrees to 244 degrees
Firm ball .....	244 degrees to 248 degrees
Hard ball .....	248 degrees to 254 degrees
Very hard ball..	254 degrees to 265 degrees
Light crack ....	265 degrees to 285 degrees
Hard crack ....	290 degrees to 300 degrees

## TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies

234-236 degrees, soft ball

Fondants (mints, etc.)..... 234-236 degrees, soft ball

Marshmallows ..... 238-240 degrees, soft ball

Caramel mixtures..... 246-252 degrees, firm ball

Taffies ..... 254-270 degrees, hard ball

Butterscotch..... 280-300 degrees, crack

Brittles ..... 290-310 degrees, hard crack

Boiled frostings:

1 egg white to 1 c. sugar - 238-242 degrees, soft ball or thread

2 egg whites to 1 c. sugar - 244-248 degrees, soft ball or thread

3 egg whites to 1 c. sugar - 254-260 degrees, firm ball or long thread.

## TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake . 275-325 degrees - 40 minutes to 1 hour

Loaf cake ... 325-350 degrees - 40 minutes to 1 hour

Cup cakes ... 350-375 degrees - 15 to 25 minutes

Layer cake .. 375-400 degrees - 20-30 minutes

## FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

## ROAST TURKEY

Stuff and truss turkey; brush skin with cooking fat. Place breast up on a rack in a shallow open pan. Cover turkey with fat-moistened cheesecloth, large enough to cover top and drape down on all sides. Place in preheated oven, 325 degrees F. Do not sear; do not add water; do not cover. Basting is unnecessary, but if cloth dries during cooking, moisten it with drippings in pan. When meat thermometer registers 190 degrees F. (20 minutes before turkey should be done) test for doneness. Press fleshy part of drumstick between fingers; meat should feel very soft; or move drumstick up and down; it should move readily or twist out of joint. Roasting Time (stuffed ready-to-cook weight):

4 to 8-lb. turkey.....	3 to 4 hours
8 to 12-lb. turkey .....	4 to 5 hours
12 to 16-lb. turkey .....	5 to 6 hours
16 to 20-lb. turkey .....	6 to 7 1/2 hours
20 to 24-lb. turkey .....	7 1/2 to 9 hours

Roasting Time and Temperature (whole turkeys):

<u>Ready-to-cook Weight</u>	<u>Oven Temperature</u>	<u>Total Time (Hours)</u>
8 to 10 .....	325 degrees F.	4 to 4 1/2
10 to 12 .....	325 degrees F.	4 1/2 to 5
12 to 14 .....	325 degrees F.	5 to 5 1/4
14 to 16 .....	325 degrees F.	5 1/4 to 6
16 to 18 .....	325 degrees F.	6 to 6 1/2
18 to 20 .....	325 degrees F.	6 1/2 to 7 1/2
20 to 24 .....	325 degrees F.	7 1/2 to 9

Note: If turkey is roasted unstuffed, reduce time approximately 5 minutes per pound.

(Half Turkeys)

3 1/2 to 5 .....	325 degrees F.	3 to 3 1/2
5 to 8 .....	325 degrees F.	3 1/2 to 4
8 to 12 .....	325 degrees F.	4 to 5

(Foil Wrapped Turkeys)

8 to 10 .....	450 degrees F.	2 1/4 to 2 1/2
10 to 12 .....	450 degrees F.	2 1/2 to 3
12 to 16 .....	450 degrees F.	3 to 3 1/4
16 to 20 .....	450 degrees F.	3 1/4 to 3 1/2
20 to 24 .....	450 degrees F.	3 1/2 to 3 3/4

## INGREDIENT SUBSTITUTIONS

- 1 square (1 oz.) chocolate equals 3 tablespoons cocoa plus 1 tablespoon vegetable shortening.
- 1  $\frac{3}{4}$  cups (approximately) all-purpose flour equals 2 cups cake flour.
- $\frac{2}{3}$  cups honey equals 1 cup sugar plus  $\frac{1}{3}$  cup of water.
- 1 package (8 to 9 oz.) macaroni or spaghetti equals 4 to 5 cups cooked.
- 1 cup raw rice equals 3 cups of cooked rice, approximately.
- 1  $\frac{1}{2}$  cups corn syrup equals 1 cup sugar plus  $\frac{1}{2}$  cup of water.
- 2 tablespoons flour (for thickening) equals 1 tablespoon corn starch.
- 2 cups ground meat (tightly packed) equals 1 pound.
- 3 cups ground meat (loosely packed) equals 1 pound.
- 2  $\frac{1}{2}$  cups raisins equals 1 pound.
- 3 cups coarsely chopped nuts equals 1 pound.
- 1 cup sweet milk equals 1 cup sour milk plus 1 teaspoon soda.
- $\frac{1}{2}$  teaspoon soda plus 1 cup sour milk equals 2 teaspoons baking powder.
- 2 cups equals 1 can (tall)
- 2  $\frac{1}{2}$  cups equals No. 2 can
- 3  $\frac{1}{2}$  cups equals No. 2  $\frac{1}{2}$  can
- 1 lemon (medium) equals 3 tablespoons juice
- 1 orange (medium) equals  $\frac{1}{2}$  cup juice
- 2 Tablespoons shortening equals 1 ounce.

## TABLE OF MEASUREMENTS AND ABBREVIATIONS

t. or tsp. ....	teaspoons
T. or Tbsp. ....	tablespoons
c. ....	cup
pt. ....	pint
qt. ....	quart
lb. ....	pound
3 t. ....	1 T.
16 T. ....	1 c. (4 T. - $\frac{1}{4}$ c.; 8 T. - $\frac{1}{2}$ c.)
2 cups ....	1 pint
2 pints ....	1 qt.
4 qt. ....	1 gal.

## MEASURES OF FRUITS AND NUTS

- 1 pound dates measure about 2 cups
- 1 pound raisins, prunes, dried apricots, dried peaches, dried pears or dried figs measures about 3  $\frac{1}{4}$  to 3  $\frac{1}{2}$  cups
- 1 pound dried apples measure about 5 cups
- 1 pound cut-up candied fruit peel measures about 3 cups
- 1 pound shelled almonds or Brazil nuts measure about 3 cups
- 1 pound shelled walnuts or pecans measure about 4 cups

## SUPPER QUANTITY COOKING

### BAKED BEANS FOR 100:

8 qt. dry beans  
20 qt. salad  
4 lb. butter  
4 qt. cream

4 lb. salt pork  
20 doz. rolls  
20 pies  
2 lb. coffee

### HASH SUPPER FOR 100:

40 lb. corned beef  
32 qt. potatoes  
20 doz. rolls  
20 qt. chopped cabbage

5 qt. salad dressing  
5 lb. butter  
2 lb. coffee  
4 qt. cream

### CABBAGE SALAD FOR 175:

20 lb. cabbage  
1 1/2 qt. Miracle Whip

4 large cans crushed  
pineapple  
2 bunches carrots

### HAM SUPPER FOR 225:

48 lb. canned ham  
24 potato salads (solicited)  
5 lb. coffee  
1 pt. cream  
45 qt. strawberries  
6 pkg. Bisquick equals  
3/4-inch biscuits

2 qt. milk  
1 lb. Crisco  
5 to 6 c. water  
48 pkg. peas  
8 qt. milk  
6 qt. heavy cream  
1 pkg. Starlac  
1 c. sugar, add to Bisquick

### BRAISED BEEF FOR 200:

65 lb. stew beef  
60 lb. potatoes  
36 pies

Harvard beets  
Cabbage salad  
40 lb. turnip  
2 lb. cheese

### TURKEY DINNER FOR 250:

7 turkeys  
75 lb. butternut squash  
20 large cranberry rings

75 lb. potato  
10 bunches celery  
44 pies

### CHICKEN SHORTCAKE FOR 135:

60 lb. chicken  
30 pkg. frozen peas  
12 cans cranberry sauce

3 large pkg. Bisquick  
17 pkg. Flakon corn mix  
2 bunches celery



